

8-09-2,4,8;12-2,6

Developing A High School Education Plan

Grade Level	Eighth
Minimum Time Required	50 minutes
Materials/Resources	Copy of article: "Jobs Influence Happiness" School registration books High School Plan and Goals worksheet
Subject Area(s)	Guidance

Project Description:

1. Have the students read the article *Jobs Influence Happiness*
2. Discuss the meaning of the article (Finding a job you love leads to a happier and more fulfilling life. It is important to find a job you enjoy. Being in a job you don't enjoy can be very stressful and can lead to unhappiness in life.)
3. Review each section of the registration book:
Table of contents, registration guidelines, graduation requirements, required courses for technical school and college admission, plan of study and career planning worksheet, career clusters, suggested classes for career cluster, program of studies, course descriptions, activities/clubs.
4. Distribute and review the high school plan and goals worksheet that students will complete.
5. Review the sample class schedules on the board.
6. Have students complete the worksheet. Tell them that next year they will begin an official *Individual Career Plan (ICP)*.
7. Review each student's completed worksheet. Check for accuracy (Are the required courses listed? (Are classes in their cluster listed? If time permits, share goals for next year.)

Career Development Standard	Skills to make decisions. Understanding the process of career planning.
Career Development Indicator	Describe how career development is a continuous process with a series of choices. Describe school courses related to personal, educational, and occupational interests. Identify the requirements for secondary and post secondary programs. Identify school courses that meet tentative career goals. Develop an individual career plan, updating information from the elementary-level plan and including tentative decisions to be implemented in high school.
Delivery Level	Introductory Review
Academic Standards	
Language Arts	1.1 c. Use prior knowledge and experience to interpret and construct meaning from various texts.

	1.4 c. Collect and summarize information to make reasonable and informed decisions.
Employability/SCANS Skills	Basic Skills Thinking Skills
Assessment Rubric	Students will be evaluated on their high school plans and goals worksheet.

Submitted by: Kim Nikolas, Redfield School District

Jobs Influence Happiness

Prologue:

Dr. Steven Knittel graduated from Gregory High School in 1982. He attended South Dakota State University in Brookings and graduated in 1985.

He was chosen to attend Kansas State University College of Veterinary Medicine in Manhattan, Kansas. He graduated from this college in 1989.

After graduation, Dr. Knittel moved to DuQuion, Illinois, where he worked with another veterinarian for five years.

He bought his own practice in Jefferson City, Tennessee. In 1994 and in April 1997 he purchased the Paradise Animal Hospital in Augusta, Georgia.

His wife, Tehra is a private music teacher and also helps at the animal hospital.

Steve's parents, Alberta and Genevieve Knittel live at Gregory.

Steve Knittel loves his job. Bettie Jackson loves her job. And Barry Smith loves his job, too.

But they are in the minority, career counselors say. Most people have jobs they don't enjoy, and it makes their lives unpleasant. So even on Valentine's Day, a day for loving, if folks don't love their job, they're not likely to be happy, experts say.

Dr. Knittel, Ms. Jackson and Mr. Smith each chose different career paths.

Dr. Knittel, 33 is a veterinarian at the Paradise Animal Hospital. He has the job he's wanted since he was five. Ms. Jackson, 51, is a resource teacher at Tobacco Road elementary. She has been teaching for 30 years. And Mr. Smith, 45, is the director of trees and landscaping for the Augusta-Richmond County consolidated government. He makes the Garden City blossom.

There's something about every job that everyone loves. It may be kittens, kids or calla lilies. Whatever it is, job counselors say, finding a job that you love is essential to living a full and happy life.

"We get so much of our identity from work," says psychologist Joseph Frey III. "That's why it's important."

Dr. Frey, a career counselor with The Highlands Program, believes many people aren't in jobs that they love and says that sends them into a downward spiral of stress. It affects their relationships with others and infiltrates their home life. People spend 8 to 12 hours a day working, and if someone doesn't like his job, that's a long time to spend being unhappy, Dr. Frey says.

As a career assessment counselor, Dr. Frey helps his clients determine their proficiency for various careers with scientific

tests. But knowing that a job is right for them has to come from within, he says. It is a sense of destiny, an inner feeling and a satisfying acknowledgement.

"You never know for sure," Dr. Frey says. "But, you wind up feeling like you do."

So how do Dr. Knittel, Ms. Jackson and Mr. Smith know that they found the right job? They just do, each says in his or her own way.

For Dr. Knittel, veterinary medicine was something he knew he wanted to pursue from an early age. He grew up on a small farm in South Dakota and tended livestock.

"I always looked forward to those days," he says. "I didn't want the day to end."

Dr. Knittel went off to college and became a vet and about 9 months ago, he bought the Paradise Animal Hospital. He can now say he truly works in paradise.

Ms. Jackson also was influenced at an early age.

She came from a family of teachers. As a little girl she would play "school" with her dolls and cousins. Now, she teaches 22 kindergarten and first grade students.

"I love it," she says.

How does she know?

"It's just an inner feeling," she says.

High School Plans and Goals

NAME: _____

1. Circle all of the career clusters that you are most interested in.

1. Business Contact	4. Science
2. Business Operations	5. Arts
3. Technical	6. Social Service
2. List any of the specific careers that you may be interested in.
3. What levels of education are you currently considering completing after high school? Circle all that apply.
 - a) No further education/On-the-job training
 - b) Technical school or a two-year community college
 - c) 4-year college – Bachelors degree
 - d) Master's degree – 6+ years
 - e) Doctoral degree – 7+ years
4. Are you considering the military as an option? Circle your answer.

A. Yes	B. No
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5. If you answered yes, indicate which military branches you would consider at this time. (If you do not know, leave blank.)

1. National Guard	4. Army
2. Air Force	5. Navy
3. Marines	
6. Write at least two goals that you will attempt to achieve next school year.
 - 1.
 - 2.
7. Using the registration book, list all of the classes in your career clusters that you may be interested in taking sometime during your high school career.

8. Given the levels of education that you indicated in #3, list the required courses that will prepare you for either graduation or for admission into the post-high school institution of your choice. List these classes by the grade in which you plan to take the course. *Use your registration book to find this information.*

Be sure to include the courses required for high school graduation – even if the course is not required for admission into technical school or college.